

“Without a reasonable degree of air superiority, no air force can effectively assist land or sea forces or strike at the enemy’s war potential.”
—Lord Alfred Tedder

Laughlin senior airman re-enlists in T-38

By Airman Timothy J. Stein
Staff writer

Senior Airman Jeffrey Haislett, 47th Operations Support Squadron air traffic control journeyman, radar approach control, re-enlisted Wednesday afternoon while flying in a T-38 Talon some 15,000 feet over Texas.

Lt. Col. Jay Dunham, 47th Operations Support Squadron Commander, administered the oath of re-enlistment while Haislett’s coworkers back at the radar approach control facility and the tower listened to the

ceremony over a discrete radio frequency.

“It was awesome,” said Haislett. “I know that I’ll never forget it. I had already decided to re-enlist, and over the

“It was awesome. I know that I’ll never forget it”

— Senior Airman
Jeffrey Haislett
47th Operations Support Squadron
air traffic controller

Christmas break I was talking to one of my supervisors and he mentioned that he did one of his re-enlistments in the back of a jet, and he asked if I wanted to do mine in the back of a

T-38. I told him I would.”

Haislett was allowed the flight because all air traffic controllers are

See ‘Re-enlistment,’ page 4



Photo by Airman Timothy J. Stein

Lt. Col. Jay Dunham, 47th Operations Support Squadron Commander, (left), and Senior Airman Jeffrey Haislett, 47th OSS air traffic controller, prepare for Haislett’s re-enlistment ceremony in a base T-38 Wednesday.

Air Force chief of staff survey focuses on organizational climate

By Tech. Sgt. Mark Kinkade
Air Force Print News

For the first time since its launch in 1997, the Air Force chief of staff survey will focus solely on organizational climate issues.

The survey is available online until March 8 and has been redesigned to gauge what Air Force people think about management and work-related topics. The 1997 and 1999 versions of the survey also asked respondents about quality-of-life issues.

“Based on previous feedback, we’ve significantly improved this year’s survey,” said Gen.

John P. Jumper, Air Force Chief of Staff. “The size of the survey has been cut in half, focusing entirely on issues such as leadership and supervision, job characteristics, resources, values, communication, training, teamwork and recognition.”

The survey will help define the Air Force of the future, and has adopted the motto “Speak Today, Shape Tomorrow” to encourage as many people as possible to take the 45-minute survey, officials said.

Quality-of-life issues are addressed in a separate survey, said officials with the survey development team at Randolph Air Force Base.

Previous surveys resulted in a series of changes at all levels of the Air Force.

For example, following the 1999 survey, Electronic Systems Command officials decided to drop an initiative that would have converted 54 military

positions at Hanscom AFB, Mass., to civilian jobs after military people at the base raised concerns about extensive additional duties. The survey was also the catalyst for increasing Hanscom’s military presence by 10 percent.

Also, a host of bases improved or added recognition programs after survey results were sent to commanders. Many bases developed additional leadership programs for both officers and enlisted people, and commanders worldwide launched several organization streamlining programs to reduce inefficiencies in their commands. Officials

said the survey is useless unless people participate and commanders follow up on results.

To take the CSAF survey, log on to <http://csafsurvey.af.mil> or, if you keep getting kicked off, try <http://csafsurvey.af.mil/collection/index.cgi>.



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Commanders' Corner

By Lt. Col. Bill Hogan

84th Flying Training Squadron Commander

Commitment is more than involvement

What's the difference between commitment and involvement? Let me show you.

Have you heard the one about the chicken and the pig? They both decided to contribute something to the farmer's bacon and egg breakfast. The difference was one was involved, but the other was committed.

What are you committed to? As members of the United States Air Force, I hope we're all committed to the core values, to our responsibility to protect our nation's freedom, and to each other.

If you've been around committed troops, you never forget it. They're the folks that would do anything for you, including giving their lives for you if necessary. That's where the

camaraderie is so thick, you can't cut it with a knife. And I've never found it anywhere outside the military. It's one of the reasons I'm still here.

Are we just playing a word game, or does it really matter? To me, it makes all the difference in the world. To me, "involvement" allows you to give less than your best; to pull out when it doesn't look like things are going your way.

Maybe you've been around those troops too. That's the wingman who isn't there for you; and it applies to many more areas than just flying. They're the "small people," whose only interest is their personal comfort. Or as a wise man once said, "He who is wrapped up in self makes small package."

It's easy to talk about, but com-

mitment always comes with a price. Committed troops sometimes sacrifice their time, personal desires and comfort. Sometimes, they even pay the ultimate price. Just ask the pig.

Is the sacrifice worth the price? That depends. If we commit ourselves to something small and meaningless, our sacrifice is also small and meaningless. But if we commit to things that are bigger than ourselves, then the reward is always great, whether it's a strong family and marriage or preserving our nation's freedom.

Looking for a worthwhile New Year's resolution? Take a look at your family, your Air Force, and your nation. Then give them all you've got; don't hold back. In other words, be committed!

Top Three Talk

By Tech. Sgt. Todd Draper

47th Medical Support Squadron medical laboratory services NCOIC



Air Force benefits, security make choice easy

When I graduated high school in Newport, Vt., in 1983, I had no idea what I wanted to do or where I wanted to live.

I started to work at Kraft Foods, Inc. and worked there for about two years. One night while I was at work, I realized that some of the people I was working with had been doing the same job for more than 30 years.

I could not picture myself working in that factory for the next 30 years. I talked the situation over with my high school sweetheart and we decided that I should go talk to the local Air Force recruiter. After the meeting with the recruiter I knew that I would be joining the United States Air Force.

I entered the service in 1986 with

a guaranteed job as a medical laboratory technologist. After completion of technical school, I was stationed at Plattsburgh Air Force Base, N.Y. That is where all my training would be put to the test. Plattsburgh had a 24-7 Emergency room and full medical and surgical wards.

After three years at Plattsburgh, it came time for me to reenlist. A lot of people at that time were choosing to separate from the military. I had been debating whether or not to stay and the decision became clear one day when I went back home to Vermont on leave.

While there, I stopped by to see some old friends. Not much had changed in the four years I was gone. Most of them were still working in the same factory, and many

had not even left the state on vacation. On the other hand, I had been to Texas and Mississippi for more than a year of paid training. While stationed in New York, I had earned my associate degree, most of which was also paid for by the Air Force.

For my wife and I the benefits, security and chance to travel were too great for us to turn down.

My assignments include Elmendorf AFB, Alaska, and my current assignment here in Del Rio. I have also had the opportunity to travel to England and Hawaii.

My advice to those who are thinking of separating is to stop and take a good hard look at the benefits the Air Force has to offer.

The grass is not always greener on the other side of the fence.



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Submissions can be e-mailed to:
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"Excellence – not our goal, but our standard."

– 47th FTW motto

Correction

The front page photo caption of the Jan. 18 Border Eagle issue incorrectly identified Manuel Vera as Manuel Zera.

Words to serve by: duty, honor, country

By Tech. Sgt. Timothy Carney
365th Training Squadron

SHEPPARD AIR FORCE BASE — Several years ago, while I was stationed in Washington, D.C., I discovered I had some leave to burn, so I decided to go somewhere I had never been before. I turned my car north and headed for the U.S. Military Academy in upstate New York, better known as West Point.

During my two days there, I walked the grounds, immersing myself in the rich history and traditions that go back to 1802, the year West Point was established to "...develop leaders of character for the nation, to serve the common defense."

In the 1890s, West Point officially adopted its motto: "Duty, Honor, Country."

To the United States Corps of Cadets, as it is known, these words have embodied the guiding principles of West Point throughout its 200-year history. Instilled in all cadets the day they enter the academy, these principles during their four years at West Point and throughout their lives.

In today's Air Force, I've discovered by interacting with new and seasoned airmen, that many people join the Air Force to get an education, to learn a trade, to travel or for any one of a dozen other reasons. However, very few people provide the one reason the Air Force, as well as the rest of the military, exists: to serve and defend the nation.

In today's world, it's very easy to lose sight of that concept. People today want the American Dream: a good job, lots of money, a loving family and a happy life.

The military certainly provides excellent educational and job opportunities to take back to the civilian world, but many people forget that our country, with its high standard of living and the freedoms that all Americans cherish, has been

threatened many times.

But, there to preserve it over our 226-year history have been countless American soldiers, sailors, airmen, Marines and Coast Guardsmen who served, sacrificed and, in many instances, died so we today can live our lives in happiness and contentment.

Gen. Douglas MacArthur, a 1903 graduate of West Point, once said, "They died unquestioning, uncomplaining, with faith in their hearts ... always for them duty, honor, country."

When we chose to enlist in the Air Force, no one twisted our arms, held a gun to our heads or coerced us. We joined freely and, while many of us may have joined to get an education or learn a trade, we must never lose sight of the real reason we're here: to serve and defend the United States in time of war as well as peace.

As General MacArthur said in his address to West Point's graduating class of 1962, "Your mission remains fixed, determined, inviolable — it is to win our wars. Everything else in your professional career is but corollary to this vital dedication ... that the very obsession of your public service must be duty, honor, country."

Whether you are new to the Air Force, well into your careers, considering re-enlistment or maybe thinking about joining the Air Force or another branch of the military, before you raise your right hand and take the oath of enlistment, think about why you are taking the oath.

When you recite those words, you are giving your pledge to protect and defend your families, your friends and your country — with your very life if necessary.

"Duty, Honor, Country. Those three hallowed words dictate what you ought to be, what you can be, what you will be." General MacArthur couldn't have said it any better.

Information assurance campaign continues in 2002

By Lt. Gen.
John L. Woodward Jr.
Air Force Deputy Chief of Staff
for Communications and
Information

Last year we put a blitz on information assurance awareness and eliminated a multitude of vulnerabilities through the information assurance campaign. Twelve monthly themes focused our attention on a succession of important information assurance issues: from "Roles and Responsibilities" to "Threats and Countermeasures," from "Digital Devices" to

"Computer Network Defense," from "Web Security" to "Information Assurance in the Expeditionary Aerospace Force."

Our collective knowledge in these areas has significantly improved. Many network vulnerabilities were also eliminated through aggressive problem identification and resolution and the use of information assurance tools.

We covered much ground last year, but our campaign is far from complete. More awareness and network protection actions are necessary before we can de-

clare victory for the information assurance campaign.

In 2002, we must focus on information assurance activities directly supporting the war on terrorism. Our new campaign theme reflects this focus: "Defeating Global Terror Demands Effective Information Assurance."

I highly encourage everyone to become fully engaged in the continuing information assurance campaign. We must keep the fire lit ... the warfighters depend on us!

Actionline 298-5351

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal reply. If you give your name, we will make every attempt to ensure confidentiality when appropriate.



Rick Rosborg
Col. Rick Rosborg
47th FTW Commander

Cipro testing

Question: I've heard the instructor pilots have to take cipro to see if they're allergic to it; however, as a spouse of a pilot, I want to understand exactly why this is being done.

Answer: Ciprofloxacin (cipro) is an antibiotic used to treat a variety of bacterial infections. It has also been approved by the Food and Drug Administration as the post-exposure treatment of choice for inhalation anthrax.

The U.S. Air Force Surgeon General recently approved the use of cipro in pilots (it's already authorized for nonflyers). All pilots or rated aircrew, including student pilots, must first complete a two-day ground trial of the medication. This trial period helps rule out any allergic reactions. By completing the ground trial now, flyers demonstrate they can safely take cipro without side-effects and can safely fly while on the medication. This ensures these flyers won't be grounded during a potentially mission-critical time if and when there is suspected anthrax exposure and cipro is prescribed.

Many flyers at Laughlin have already completed the ground trial. Any reaction to cipro is documented, which will help determine if they are able to take it in the future if ever needed.

Airmanship

Intended to help all airmen articulate the Air Force's vision of aerospace power

What is concentration of purpose?

Concentration of purpose is the tenet of applying the appropriate level of aerospace power in a deliberate, focused way against the most important strategic, operational or tactical objectives.



Photo by Senior Airman Brad Pettit

Duty, honor guard, country

Airman 1st Class Joseph Chapa (from left), Staff Sgt. Anthony Williams, Senior Airman Irene Gaut and Senior Airman Kenneth Angeles perform Laughlin honor guard duties during the Martin Luther King Jr. luncheon Jan. 18 at Club XL. The honor guard is looking for motivated airmen, noncommissioned officers and officers to perform in funerals, retreats, enlisted promotions, parades, changes of command and local functions. The honor guard practices at 3 p.m. every Tuesday in the Fiesta Center. For more information, call Williams at 298-5159.

'Re-enlistment,' from page 1

allotted annual familiarization sorties to increase and maintain their awareness of how their duties directly impact the flying mission.

Haislett said he wanted to re-enlist because of the sense of camaraderie between him and his co-workers.

"We are like one big family," said Haislett.

Retaining quality airmen has been one of the Air Force's main goals for years.

"The Air Force gets to retain an outstanding troop and all his experiences so far," said 1st Lt. Anthony Chu, 47th Operations Support Squadron airfield operations flight operations officer. "These experiences will transfer to other new recruits because [Haislett] may be the one training them later in his career. The Air Force also gets an excellent role model for other airmen to follow."

Chu isn't the only person who believes airmen like Haislett should re-enlist.

"It is a tremendous gain for the Air Force to have someone like Airman Haislett re-enlist," said Senior Master Sgt. David Cannon, 47th Operations Support Squadron chief controller, radar approach control. "It takes four years and unimaginable man-hours to get a fresh recruit to be at the same level Airman Haislett is at now. In

many cases, it would take much longer than four years to replace him because he has experience in both control tower and radar operations."

Haislett said that though the flight ceremony went off without a hitch, it did have some tense moments.

"[I] don't know if frightened is the word, but having a bird whiz past the aircraft isn't exactly a joyous moment," said Haislett.

While no birds hit his plane, Haislett did get to see what happens when a bird strikes an aircraft.

"Just before we were supposed to land, a nearby T-38 suffered a bird strike," said Dunham. "We then performed 'chase ship' duties, rejoining on that jet and looking over it closely. Fortunately, there was no significant damage to the aircraft, and the crew made an uneventful landing. [Haislett] enjoyed the unexpected bonus of getting to see some up-close formation flying."

While Haislett found the flight entertaining, Dunham said he found it motivational.

"What I didn't realize was how inspiring [the re-enlistment ceremony] would be for me," said Dunham. "On landing roll, as we were taxiing [off] the runway, I told Haislett that this sortie was easily one of the most motivational of my 18-year career."

Newsline

Hayride, bonfire scheduled

Laughlin will hold a hayride and bonfire from 5 to 8 p.m. today at the base picnic grounds for base people. The cost is \$3 per person.

For more information, call 298-5830.

Night flying planned

Night flying will go on until 10:15 p.m. Monday through Wednesday and until 8:15 p.m. Thursday.

For more information, call Capt. Kenneth Shugart at 298-4344.

Cessation class scheduled

The next tobacco cessation class is set for 11:30 a.m. and 4:30 p.m. Tuesday in the health and wellness center conference room.

For more information, call Maj. Nina Watson at 298-6463 or Staff Sgt. Guillermo Gallegos at 298-6464.

American Legion meets

The Del Rio/Laughlin American Legion Post No. 298 will hold its regular meeting at 7:30 p.m. Wednesday at "The Barn" (North of Highway 90 from Laughlin's main gate).

Discussion of this year's fund-raisers and community activities will be held. Interested parties are invited to attend.

All active duty military are eligible to join.

For more information, call Murry Kachel at 298-2097.

Promotion ceremony set

An enlisted promotion ceremony is set for 4 p.m. Thursday at Club Amistad.

For more information, call Master Sgt. Kevin Smith at 298-5336.

Survivor plan available

The Survivor Benefit Plan is a nonprofit annuity program which is administered by the government. Coverage is free while the member remains on active duty.

After retirement, monthly premiums are held in the Military Retirement System Trust Fund and benefits are paid to eligible survivors from that fund. As a result, the retiree has the assurance of a well-managed program without having to pay administrative expenses.

Prior to retiring, you will have an opportunity to enroll in SBP.

For details, call Freda Borders at 298-5828.

Air Force seeks performers for talent contest

The search for performers to compete in the 2002 Air Force Worldwide Talent Contest, being held March 17-25 at Lackland Air Force Base, has started.

The contest seeks the best active-duty showmen who, besides vying for the first-place "Roger" award, will try for a spot on the Air Force entertainment troupe, Tops In Blue.

Once selected, 30 performers will become part of a world-class showcase that travels the globe during a nine-month tour.

"We're looking for singers, dancers, musicians, comedians and any-

one else who has a talent they'd like to share with people around the world," said Carol Sudy, Tops In Blue tour coordinator at the Lackland AFB Air Force Services Agency.

Those interested in entering the contest and auditioning for Tops In Blue must submit a VHS tape of themselves performing and an entertainer application to HQ AFSVA/SVPCE, 10100 Reunion Place, Ste 402, San Antonio, Texas, 78216-4138 by Feb. 22. Applications are available through the team's Web site at www.afsv.af.mil/TIB or any services squadron.

After reviewing submissions, the Air Force Services Agency Entertainment Branch will invite to Lackland those people who judges believe can best support the team. Funding for the contest is provided by Air Force Services, including permissive TDY, travel and lodging.

While some bases hold their own talent shows to refer performers to the worldwide event, Sudy said, "It's not necessary. However, she added, it's best that people interested in participating at Lackland check with their services staff to see if a local contest is planned and to obtain assis-

tance in applying.

Also, the group needs bluesuiters as bus drivers; stage, light, and sound technicians; wardrobe and costume coordinators; choreographers and vocal assistants. People skilled in these areas who wish to participate in the competition, as well as tour with the team, should complete a technical and staff application, which can also be obtained through the team's Web site or any services squadron.

For more information, call the Air Force Entertainment Office at (210) 652-6566 or DSN 487-6566.

(Courtesy of AETC News Service)

**The Air Force rewards
good ideas with money.
Check out the IDEA
Program Data System at
<https://ideas.satx.disa.mil>,
or call the 47th Flying
Training Wing Manpower
Office at 298-5236.**

Student pilots earn awards

Compiled from staff reports

Selected pilots of Specialized Undergraduate Pilot Training Class 02-04 recently received awards for their flying and academic accomplishments while in pilot training here.

The award winners are:

Order of Daedalians AETC Commander's Trophy

2nd Lt. Daniel Aber (*Tanker/Airlift*)

2nd Lt. Martin Mentch (*Fighter/Bomber*)

Outstanding Officer

2nd Lt. John Camino

Distinguished Graduates

2nd Lt. Daniel Aber (*Tanker/Airlift*)

2nd Lt. Mark Colwell (*Tanker/Airlift*)

2nd Lt. Martin Mentch (*Fighter/Bomber*)

Flying Training Award

2nd Lt. Daniel Aber (*Tanker/Airlift*)

2nd Lt. Martin Mentch (*Fighter/Bomber*)

Academic Training Award

2nd Lt. Jonathan Behunin (*Tanker/Airlift*)

2nd Lt. Martin Mentch (*Fighter/Bomber*)

Daedalian Award

2nd Lt. Daniel Aber

Citizenship Award

2nd Lt. Allison Trujillo

Outstanding Second Lieutenant Award

2nd Lt. Daryl Corneille

Friday, the Border Eagle. Wednesday, this newspaper:
<http://www.af.mil/newspaper>

The *XLer*



Photo by Senior Airman Brad Pettit

Tech. Sgt. Dora Caniglia

47th Aeromedical Dental Squadron

Aerospace Physiology Training Flight administration NCOIC

Hometown: Miles, Texas

Family: Sons, Joshua, 11; Jacob, 6

Time at Laughlin: 6 months

Time in service: 14 years, 1 month

Name one way to improve life at Laughlin: Provide better scheduled transportation to local schools

Greatest accomplishment: Air Force career

Hobbies: Shopping and collecting baskets

Bad habit: Putting things off until the last minute

Favorite film: Terminator

Favorite musician: Alejandro Fernandez

If you could spend one hour with any person, who would it be and why? Any of my grandparents since I only knew one and want to know more about my heritage.

Chapel Schedule



Catholic

Saturday 5 p.m., Mass

Sunday ● 9:30 a.m., Mass
● 11 a.m., Little Rock Scripture Study in Chapel Fellowship Hall

Thursday 6 p.m., Choir

Tuesday- ● 12:05 p.m., Mass

Friday ● 12:05 p.m. and 7 p.m., Holy Days of Obligation

Reconciliation Before Sunday Mass, Wednesday from 7 to 9 p.m. and by appointment

Religious Education/

Bible Study 11 a.m. and noon Sunday

Jewish

Call Max Stool at 775-4519

Muslim

Call Dr. Mostafa Salama at 768-9200

Nondenominational

Friday 7 p.m., Unity in Community Services

Protestant

Sunday 11 a.m., General worship

Wednesday ● 12:30-2:15 p.m., Women's Bible study at chapel
● 7 p.m., Choir at chapel

For more information on chapel events and services, call 298-5111.

Training the WORLD'S BEST PILOTS

Instructor Pilot Focus

Name: Lt. Col. Ricardo Aguilar

Squadron: 84th Flying Training Squadron, T-37s

Pilot Training Base: Vance Air Force Base, Okla.

Date of Graduation: August 1981

Aircraft you flew and base you were stationed at before

Laughlin? C-12C, Tegucigalpa, Honduras, and Riyadh, Saudi Arabia; C-130E/H, Rhein Main AB, Germany, and Yeager Field, W.V.; C-21A, Scott AFB, Ill; and T-39A, Randolph AFB

Mission of your primary aircraft? Tactical airlift

What is the most important thing you learned at pilot training besides learning to fly? You can always give more and do more than what you think.

Dig down deep into the well and give everything in life all you have. Take good care of your bros and cultivate lifelong friendships. I would go to combat with every one of my peers from undergraduate pilot training because all of us are willing to die for each other.

What advice would you give SUPT students at

Laughlin? The weight of the silver wings on your chest will be directly proportional to your efforts. You have one shot at this dream, so give it all you've got. Put your family first. Keep faith in the good Lord and trust Him. You have a bigger impact than you may think, and God has put you here for a purpose. Use the talents bestowed upon you.



Aguilar

Interested in the Air Force?

Call Del Rio's Air Force recruiter at 774-0911.

Fighting 'insider threat' important

Compiled from staff reports

Research shows that the overwhelming number of Americans arrested for spying in the past 20 years have been volunteers or "insiders."

Unfortunately, the "insider" threat within the Air Force is real, and there's no way to know how widespread the problem is. What is reported to security and law enforcement appears to be only the tip of the iceberg. It is important to remember that opportunity equals temptation and that personal acquaintances and co-workers could possibly be the next "insider" threat.

How does one look for "insider" spies? One of the things counterintelligence specialists look for is irregular or suspicious behavior. Some common personality characteristics include arrogance, greed and jealousy. However, any lifestyle activity

that is inconsistent with commonly acceptable behavior should be questioned: for example, unexplained wealth; purchases of high value items; or questionable visits by friends or family from foreign countries. Any of these examples should raise security awareness. Too often the unusual behavior pattern of the spy is only identified after the spy is caught in his illegal activity.

Security awareness and reporting the threat are the keys to fighting the "insider" threat. The threshold for reporting suspicious behavior or activity is low; therefore, when in doubt, report the unusual behavior or activity to your supervisor, security forces, or Air Force Office of Special Investigations. You may contact OSI and remain anonymous if you desire.

For more information or to report incidents on base, call 298-5158.



Photo by Staff Sgt. P.J. Farlin

Lights out

Staff Sgt. Michele Simmons, a crew chief from Charleston Air Force Base, S.C., repairs a light on the wing tip of a C-17 Globemaster III cargo aircraft while at Moron Air Base, Spain. Simmons is supporting Operation Enduring Freedom.



Bowling standings

<u>Team</u>	<u>Points</u>	<u>Team</u>	<u>Points</u>
Boeing	88-44	Services	64-64
OSS	73-55	CE	60-68
DeCA	68-60	Commtracting	48-80
47th FTW	66-62	SFS	43-77

XL Fitness Center hours

Monday – Thursday:

5 a.m. to midnight

Friday:

5 a.m. to 8 p.m.

Saturday, Sunday,

Holidays:

10 a.m. to 8 p.m.

Stress can be good or bad

By Hank Bowman

*47th Flying Training Wing
fitness program manager*

Stress comes in all shapes and sizes, and it has become so pervasive that it seems to permeate everything and everybody.

Media attention has become heightened as well due to the increasing confirmation of the role of stress in heart disease, hypertension, depression, anxiety, smoking, obesity, alcoholism, substance abuse, cancer, arthritis and a host of immune-system disorders and infections.

It's hard to get through a day without hearing or reading something about stress. And numerous surveys confirm the problem has escalated since 1983. Why all the commotion? Is it because there is more stress today, or is contemporary stress somehow different or more dangerous? Is the

frenzy of media attention due to our increasing ability to explain the mechanisms of stress-induced disorders and scientifically confirm what was previously dismissed as old wives' tales? Are corporations attracted because they have increasingly been held liable for stress-related injury awards? Or is it because stress management training can be extremely cost effective, reducing litigation, health expenses, worker turnover and absenteeism, thus improving productivity?

The answer to all of these questions is "yes."

Stress is an unavoidable consequence of life. Without stress, there would be no life. However, just as distress can cause disease, good stressors promote wellness. Increased stress results in increased productivity up to a point. However, this level differs

for each of us. It's very much like the stress on a violin string. Not enough produces a dull, raspy sound; too much makes a shrill, annoying noise and causes the string to snap. Just the right degree can create magnificent tones. Similarly, we all need to find the proper level of stress to promote optimal performance and enable us to make melodious music.

The health and wellness center is committed to exploring and emphasizing the need for incorporating stress-reduction techniques into your daily life and helping you achieve the delicate balance between beneficial and harmful stress.

One of the little-used resources available at the HAWC is the relaxation/stress-reduction room.

For more information on stress-reduction techniques, call the HAWC at 298-6464.

**Paintball
field hours
are from 9
a.m. to 5 p.m.
Saturdays
only. Use of
the paintball
field is
authorized
only during
these hours.
For more
information,
call
298-5830.**